

# Front Street **FITNESS**

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

## ENGAGE WITH US!

### **LIVE Cooking Demos are back!**

Thursday, 1/26

12-12:45PM

Register [Here](#)

**An Introduction to  
the Blue Zones with  
Sardinian  
Minestrone**



Have you heard about the Blue Zones? These regions of the world boast some of the healthiest populations where individuals live decades longer than the rest! And not just longer, but BETTER! Join Mariah for this cooking demo as we 'travel' to Sardinia, Italy and make a minestrone soup courtesy of the Melis family- the longest lived family in the world to date!

**FRONT STREET FITNESS**  
*Powered by OhioHealth*

**Open Daily**  
5:00 AM – 8:00 PM  
614-645-3979  
[FSFitness@columbus.gov](mailto:FSFitness@columbus.gov)

## INBODY BODY COMPOSITION Do you know your numbers?



**By appointment only**

Email

[FSFitness@columbus.gov](mailto:FSFitness@columbus.gov)

to request yours!

- ✓ Simple
- ✓ Quick
- ✓ Individualized

All FSF members can receive two assessments per year!

Not sure what an InBody is?

Click [Here](#) to learn more!

## What's coming soon...



## SPINE WELLNESS

February 9<sup>th</sup> to March 2<sup>nd</sup>

Thursdays 12-12:45pm

Register [Here](#)

Expect to learn:

- Back pain interpretation & biomechanics
- Mobility, flexibility and foam rolling
- Strength and stability exercises to support the spine
- How to keep a healthy spine long term